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CIRCULATION

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"Right is More Precious than Peace"

GOOD ENOUGH FOR HOME PRAC-TICE.

Gen. Foch's maxims for his soldiers are good enough to work in civil life for the good of the military cause.

The first is: "Keep your eyes and ears ready, and your mouth in the safety notch."

Be alert but observe silence, is a brief way of putting it.

See what the enemies are doing, hear what they are saying, but don't leak.

What a good rule this would be to observe right here in New England not only in war time, but at all times.

What an amount of trouble is made and how many causes are lost, by not keeping "the mouth in the safety notch." It is ever a menace to peace and often to success, to love to air one's vanity.

The real soldier's duty is to know to whom to talk and how much or how little to say, and really doesn't this count for efficiency in private life?

Is your mouth in the safety notch? If not, why not?

A WHITE PLAGUE DRIVE.

The National Tuberculosis Association has completed a plan for the holding of five great conferences in different parts of the country to make war upon consumption.

In addition to this, we are told, nearly a million boys and girls throughout the nation have now been enrolled as Modern Health Crusaders, and that recruiting to increase this membership to still greater numbers will soon begin, was announced today.

The Crusade, the association states, "centers about a simple but fundamental programme of health 'chores,' on the part of children, and enlists the rising generation of the nation's citizens in a better understanding of individual and public health essentials."

As an enemy of mankind disease, and especially tuberculosis, has over-matched all other enemies.

Health is of more importance than money, or peace—fact is security.

Cleanliness may be next to godliness, but it is second to nothing else.

A great army to do "health chores" is not only a ward against consumption, but every other form of disease.

It looks now as if mal-nutrition has more to do with tuberculosis than has hitherto been recognized, for in the Central Empire where food has been scarce and poor for the past three years the number of cases has been quadrupled. Any great movement for health regulation ought to be received with joy. Let the good work go on.

DO NOT KILL YOUR FRIENDS.

In assailing plant lice do not kill your friends the little beetles known as ladybirds. When young they destroy from 50 to 80 lice a day as provided.

The ladybird is a small tortoise-backed beetle, red, orange, black and sometimes white, one-fourth as large as a potato bug, which it resembles somewhat. Its wings have spots, never stripes. This beetle is always found wherever the lice exist, because like the syrphid fly its young feed upon them.

A generation of lady birds appear every 60 days from April to mid-September. The female lays 25 eggs three times in a season, totaling 75 eggs for each one. If the mortality is 33 1-3 per cent, there are 50 to go forward with the work. From one little beetle a million and a quarter of beetles are produced in a season.

Are these pretty little bugs worth preserving as the potato grower's friend when the producing capacity from each one represents the destruction of a hundred million plant lice in a day?

The lady-bird is a bristly little helper and it is up to the farmer to get acquainted with the helpers' nature provides him without charge.

A QUESTION OF VALUES.

The automobile world is justly agitated over the proposed taxing of automobiles at cost price regardless of the term of use.

This is contrary to the recognized methods of valuing property, and

would tax a second-hand car costing \$500 for its first cost which may have been two or five thousand. There is nothing just or fair in the proposition.

The Automobile Legal Association, represented by 20,000 car owners in New England, has entered a unanimous protest against this unfair and false assessment of property, and says that "if a reduction of 25 per cent. of the value of the car were made from the list price for the first two years and 25 per cent. more for the next two years and a further reduction of 25 per cent. for all cars over five years of age, it would be far more equitable than the proposed plan, for the return of course would be made under oath and might be assumed to be truthful."

It doesn't seem possible that the congressmen having this matter in hand will insist upon pressing such an unpopular and unjust method of taxation.

WE NEED TO DEVELOP OUR WATERWAYS.

Last year the freight moved by water to points of destination was over 276 million tons, or 9 1-2 million forty-ton car loads.

This vast amount of freight could not have been moved had it not been for water ways and boats; and the taking over by the government of the water ways show they find therein economy as well as a means to an end.

Three and a third millions have been appropriated to build barges and tow boats. Some fifteen or twenty tow boats and nearly 200 of the old style canal boats have been acquired and put into service, and contracts have been let for building fifty-one steel and twenty concrete barges, deliveries to begin in August. Rates have been fixed about 25 per cent. lower than rail rates and there will be joint rates in connection with rail lines and lake boats.

Arrangements have been made to start a special fast freight service to run on regular schedules between Buffalo and Albany, connecting with the Hudson river boats for New York city.

No amount of argument could convince our soldiers that they were making a mistake in neglecting our waterways, but the insistence of war conditions has forced action where foresight was lacking and pleading was of no avail.

EDITORIAL NOTES.

Corn-head makes hot July fodder.

The hot dog day and the cool night are a good tandem.

The Germans are using fabric tires upon their automobiles.

The up-turned moustache is a fierce thing fancied by a fool!

We have had a superabundance of V-neck weather this year.

The idea that Germany is to produce the superman has become obsolete.

Some people are not vulgar enough to perspire, they simply glow with dew!

The noisy peanut politician never dies, he just slips from one party to another.

As sprinters the Crown Prince's troops seem qualified to take part in a Marathon.

The road to Paris was never so long to the Germans before. It is a hard road to travel.

The Germans find that forcing peace is very much like churning butter from skim-milk.

The old-fashioned girl in whose mouth it was said butter would not melt is missing.

It would not be surprising if some of the conscripted laborers went to sleep on the job.

The Louisville Courier-Journal with-out Waterson will look like a beer-mug with no bottom.

When a Hun gets the swat of a Yankee, he realizes how the New England women swat a fly.

Germany is preparing to capture the trade of the world following the peace she hopes to dictate.

This is a pretty good British joke. The allies have refused to let the Huns Ancre this side the Aisne!

A lighter containing 130,000 feet of plank was launched from a Pacific coast yard 24 hours from the time it was begun.

The keewee is a man who knows how to fly, who prefers to instruct others from the ground. He isn't a rare bird.

The Bavarian King tells his people it is not the fault of the Germans that the war has lasted so long. He's delivering straight goods.

A PARSON IN UNIFORM.

[From the Boston Post.]

The Post recently printed a poem from Rev. Allen Stockdale, now a captain in Uncle Sam's army over in France. The former Boston clergyman is very popular with the boys, and they called on him recently to write them a parody on the song, "There's a Long, Long Trail." Here is one stanza of what he wrote—

There's a long line of Buddies A-facing Fritzle to-day, And their guns are full of death-balls.

Going straight his way, They're a sure death bunch of Buddies.

They know their duty full well, And the trail they blaze for Fritzle Is a long, long trail to hell.

Just note please that he doesn't call them "Sammys." They're "Buddies," which I take to be a diminutive form of "brothers."

Patents have been granted to a Connecticut woman for a baking paper consisting of a pad of waxed paper from which single sheets can be removed when soiled, and for a waxed paper rolling pin with a cardboard core.

WOMAN IN LIFE AND IN THE KITCHEN

SUGGESTIONS FOR THE HOUSEWIFE

To keep nickel looking like new, wash in a strong soap water. Then stand in a warm place to dry.

Rub your stove over with common brown paper to make it shine and save you blacking it so often.

To remove water stain from inside of water bottle, use equal parts of salt and vinegar. Let stand a few hours.

When starting a new fire without building, pour coal oil on the ashes. Then lay wood on carefully. When ready to light it will not "flash," yet easily burns the wood.

Potato salad is delicious if you add a little minced celery, peppers and tomatoes.

When bed quilts or blankets are too short, sew a stronger piece of cloth to one end. This can be tucked under the mattress and the bed-clothing held firmly in place.

Cereals should not be put away in paper bags, because they soon break and allow the dust and flies to get in. Wide-mouthed glass jars are sanitary and convenient.

The best effect in polishing floors is gained by having them finished to the point of a soft glow and not a shine. They will then harmonize with the furnishings.

Instead of pouring custard over sliced bananas, try pressing the fruit through a sieve and stirring in the custard just as it comes from the fire. The consistency, as well as the flavor, will prove most pleasing.

If flowers are wilted when received, place them loosely in a large tub of water and let them lie for an hour or two before you put them in water.

It is a good idea to wipe carpet all over with a cloth wrung out of water to which ammonia has been added. (Two teaspoonsful to a gallon of water.)

Every housewife should have one day in the week for which nothing is planned. That day can be devoted to odds and ends and things which have no name.

CANNING DON'TS.

Don't have any empty jars on your shelves at the end of your canning season.

Don't forget to blanch and cold dip all vegetables. This improves color and texture and prevents the shrinkage in jars.

Don't open a jar to put on a fresh rubber after removing the jar from canner without replacing the jar in canner and sterilizing.

Don't allow less than five minutes for sterilizing of vegetables if it is found necessary.

Don't begin with more than one product on your canning day.

Don't can rhubarb in tin cans. The strong acid is likely to eat even the enamel lined tins.

Don't can rhubarb greens. They are not edible and you do not want to poison your family.

PROOF AGAINST RUST.

To make iron work proof against rust, heat it until it is almost red hot, and then brush it over with linseed oil. This makes a varnish which, unlike ordinary paint or enamel, does not chip off.

TO REMOVE RINGS.

To remove rings from a finger swollen by their tightness, dip the finger in ice cold soapsuds.

HEALTH AND BEAUTY.

Do not strike or frighten your baby. While it may seem trivial at first, it may have a lasting effect on the child and its health.

If you would have a clear complexion drink plenty of water between meals and exercise out of doors every day.

Gray hair will be of a more uniform shade if borax is put in the water in which it is washed and if the hair is an ugly yellowish gray or white, a little bluing, say a teaspoonful to a basin of water, will remove the offensive tinge.

A bad taste in the mouth and an impure breath are unmistakable signs of some disorder. This can be caused by overeating, highly spiced foods, alcoholic stimulants, constipation and decayed teeth. Any of these conditions should be corrected at once. A woman should always make every effort to keep her breath sweet. A small piece of cinnamon bark held in the mouth will sweeten the breath.

In order to have a clear complexion first regulate your diet. Eliminate rich pastries, fatty meats, sauces and sweets, and instead eat plenty of fresh fruits and vegetables. Drink at least six glasses of water a day. Eat bran bread. Buy yourself a complexion brush at the drugstore. They are soft, but will help a great deal in getting rid of the blackheads. Wash well with warm water, a pure soap and the brush. Rinse well with warm water and then with cold water, being sure to remove all the soap. Then dry. Go over the skin with a soft cloth which has been dipped in pure alcohol. This will help dry out the pimples and remove the blackheads. Avoid cold creams until the pimples have gone.

HOME NURSING HINTS.

1. Write down all the doctor's orders. Do not depend on your memory.

2. Never give medicine without first reading the directions on the label twice. This saves accidents.

3. Household spoons vary in size. A medicine glass with the quantities marked clearly on the side is safest.

4. Keep all medicines for external use apart from those required for internal use.

5. Keep the sick room at as even a temperature as possible. Hang a thermometer on the wall beside the patient's bed at about level with the pillow. The room temperature—unless ordered by the doctor—should be about 60 to 65 degrees Fahrenheit.

6. Have a constant current of pure air in the room. A window board is the simplest way to ventilate. Twice daily the windows should be opened wide to give the room a thorough airing. For a sick child nothing is so good or so cheap as pure air, nothing so bad or so expensive for its recovery as foul air.

7. Never keep food in the sick room.

BEEWAX FOR CRACKS

Cracks in furniture may be filled in with beewax. Soften the wax until it is like putty, then firmly press it into the cracks and smooth evenly with a thin steel knife. Sandpaper over the surrounding wood work the dust into the wax. This gives a wood finish or color, and when the furniture is varnished the cracks will disappear. Beewax is better than putty, for putty soon dries, crumbles and falls out.

DICTATES OF FASHION.

Cape gloves show a new color called mahogany.

Entire gowns are still made of flesh-colored crepe.

The favored heels are low French and Cuban military.

The new current reds are used to brighten dull gowns.

Pique collars, cuffs and belts appear on silk dresses.

Crystal trimming is important for silk dresses.

Boleros in various forms appear on little girls' dresses.

Smart tailored suits have edges bound with silk braid.

Smart dresses for children are made of silk gingham.

Sashes are frequently lined with a contrasting material.

A velvet blouse with cream white buttons is striking.

PILLOWS IN PROFUSION.

In the shops tiny pillows are frequently called "baby pillows," but they are found to be decidedly useful to grownups as well as to the small "babies."

Not only do they look well in suitable covers and add to one's comfort on the library or living room couch, where one likes to curl up and read, but they may be covered in colors contrasting with the general tone of the room and so add a pleasing decorative note when the couch is not in use and they are piled up with the other and larger cushions.

In the bedroom they are particularly useful and often exceedingly ornamental as well.

If you go into a Frenchwoman's bedroom you will usually see ever so many of these little pillows, in most of the cases, piled up on her dainty bed.

Very elaborate, indeed, are many of them, their covers made of tulle or satin with adornment of ruffles and lace and embroidery, tiny French flowers of silk and frills of gold or silver lace. These, however, are for decorative purposes rather than for use as a rule one suspects.

There are others in the daintiest of lingerie covers in fine linen or lawn, hemstitched and ruffled, with edges of lace and more or less elaborate embroidery. Such covers may be washed, and white covers, must, of course, be dry cleaned when soiled.

When one wishes to indulge in the luxury of reading in bed or in one's chaise longue these little pillows are found to add much to one's comfort.

Often, too, one does not care for the ordinary sized pillow to sleep on, but finds one of these little down filled affairs a comfortable possession.

LONG GLOVES.

The advent of elbow sleeves means, of course, a return of long gloves. Already they are here, and one notes they are ornamental affairs, quite different from the plain hand coverings of blue and white which were worn seasons past.

Some new white silk gloves in twelve-button length, just over from Paris, have deep, turned down cuffs of blue and white striped silk, the stitching on the back of the glove is rather heavy and blue also.

Instead of the long wrist portion that slipped over the arm, the new elbow gloves have a top that buttons all the way up from palm to turned down cuff, and the buttons are of blue smoked pearl.

THRIFT HINTS.

Milk is the best source of calcium.

Raisins have in them much nourishment.

Use a clothespin for scraping pans, etc.

The simplest meals are the best for health.

Never waste even the smallest amount of milk.

String beans and corn make delicious succotash.

Honey is one of the best kinds of sweets for children.

Delicious apple jelly can be made from the peelings of apples. Put the peelings into a jar, cover with cold water, and let cook slowly in the oven till the peelings are tender. Then strain, add one pound of sugar for each pint of liquid, and boil till it jellies.

SUMMER SILKS.

Summer silks in gingham patterns are vying with the real ginghams for first place as morning frocks. They have in their favor the fact that they are more simple to launder and then there is no denying the fact that silk is the coolest of all materials.

A style set by the smartly dressed women at Palm Beach during the season there is being repeated here. That is, use white pique in wide bands as trimming for summer silk dresses.

It is most effective when the silk is black and white, the chalky whiteness of the pique stand out in an interesting contrast to the silk.

STYLE TIPS.

Buttoned shoes and spats are being laid aside with winter garments this summer and low footwear is the thing in the daintiest sort of footwear. And it will be the daintiest of all, a dainty bit of foot-covering than the natty new oxford, with its French heel long slim lines of toe and vamp and its graceful cut at the top showing just enough of instep and ankle to display their good lines.

Fringe grows daily more popular. It is used on gowns, on capes and on hats, and even on blouses. Chenille fringe in two tiers on a skirt of a figured silk frock makes a most arresting combination.

FRINGE.

Must Be Some Serious Objection.

Mr. Editor: It is somewhat of a surprise that in their deviation from a well beaten path the democratic city

FROM OCEAN TO OCEAN

Women Praise Lydia E. Pinkham's Vegetable Compound for Health Restored.

In almost every neighborhood in America are women who have tried this standard remedy for female ills and know its worth.

Athol, Mass.—"Lydia E. Pinkham's Vegetable Compound has done me a world of good. I suffered from a weakness and a great deal of pain every month and nothing brought me any relief until I tried this famous medicine. I am a different woman since I took it and want others who suffer to know about it."—Mrs. ARTHUR LAWSON, 550 Cottage St., Athol, Mass.

San Francisco, Cal.—"I was in a very weak nervous condition, having suffered terribly from a female trouble for over five years. I had taken all kinds of medicine and had many different doctors and they all said I would have to be operated on, but Lydia E. Pinkham's Vegetable Compound cured me entirely and now I am a strong well woman."—Mrs. E. BOSSAMP, 1447 Divisadero St., San Francisco, Cal.

For special advice in regard to such ailments write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its many years experience is at your service.

For Skin Soreness

of infants and children you can find nothing that heals like

Sykes Comfort Powder

Leading physicians and nurses have used and endorsed it for more than 25 years. 25c at the Vinol and other drug stores. The Comfort Powder Co., Boston, Mass.

FOR LUNCH BASKETS.

Save cold cream jars with screw tops and the glass-covered tumblers in which dried beef is bought, and in preserving time fill with jams and jellies for lunch baskets. Wide-mouthed olive bottles are handy for the bit of conserve or marmalade one likes to send the sick friend. New cork for the bottles can be obtained at the drug store.

CONCERNING WOMEN.

London pays its policewomen \$8 a week.

Texas now pays pensions to dependent mothers with children.

Mrs. Theodora Zabrilis is the foremost rice farmer in the Philippines.

Miss Avis Francis was recently elected mayor of Valley Center, Kan.

Miss Edith Rosencrans has been appointed attorney for Blairstown, N. J.

A supreme court decision in New Hampshire gives women of that state the right to become notaries public.

Mrs. Betsy Todd Lee, aged 71, of Ann Arbor, Mich., has just taken out her first naturalization papers. When she received her final papers she will become a lawyer.

LINGERIE CLASPS.

For the muslin corset cover which is so wide on the shoulders as to permit the use of lingerie clasps, work an eyelet in the muslin and slip the clasp through this and under the vest strap. It will hold securely and be a great convenience.

There is no better way of removing soiled places from rugs than with ammonia, and it fades the color rub with chloroform.

RECIPES.

Stale Cake Pudding.—A delicious pudding can be made of stale tea cakes. Put a layer of stewed apples in a baking dish and a layer of the crumbled cake next; sprinkle with sugar and nutmeg. Always have a thick layer of apples at top and bottom of dish to keep the crumbled cake getting too much browned and dried, a nut or two of butter placed on top of the dish, and a handful of milk poured over all will keep whole moist enough till done.

Peach Compote.—Scald two cups milk, add one-half cup farina gradually, while stirring constantly. When mixture thickens add one-quarter cup sugar and one-half teaspoon salt and let in double boiler twenty minutes; then add whites of two eggs beaten until stiff. Turn into a slightly buttered shallow pan and keep in a warm place until ready to serve. Remove skin from six peaches, put in a saucepan with three tablespoons of water and six tablespoons of sugar. Cover and cook slowly until peaches are soft. Cut farina in squares, put a peach on each square and pedr mashed peaches over all.

LETTERS TO THE EDITOR

Misrepresentation.

Mr. Editor: In this morning's paper we are again treated, in a letter from Percy Chapman, to the following statement: "The draft boys are beginning to arrive and they are a woebegone lot."

Now this isn't this person's first offense, and it is a shame that letters with such lines of petty jealousy should be printed in our daily papers. It must be nice for the mothers of us draft men to read such descriptions of their loved ones. Do we take it that we are, but we have the decision of the world to bring right and justice to the world? God help the world if we are, but we have the decision of the leaders in the army world, responsible people, which is that the draft army is the finest body of men ever brought together for the purpose.

We do like to read letters from the justice-loving boys at the front, but when you strike a letter like this one of this morning, that one little line brands and automatically classes Mr. Chapman as narrow minded. Let us have no more of it.

Yours truly, A DRAFTTEE.

Norwich, Aug. 9, 1918.

TO Clean White Shoes Quickly and Easily

LETTERS TO THE EDITOR

To renew white shoes, belts and all other similar articles nothing is so simple and satisfactory as

20 MULE TEAM BORAX

Add two teaspoonfuls of the Borax to enough boiling water to make a paste. Apply with a stiff brush, scrubbing thoroughly before using the whitening. The Borax will remove all dirt and stains and bring back the look of newness.

AT ALL DEALERS

Send for "Magic Crystal" booklet. It describes 100 household uses for 20 MULE TEAM BORAX.

PACIFIC COAST BORAX CO. New York Chicago

AUDITORIUM THEATER--TODAY

Presents the Film Spectacle—A Sensational Seven Reel Picturization of Herman Whitaker's Famous Novel

"THE PLANTER"

Starring the Distinguished Actor

TYRONE POWER

SCREEN TELEGRAM | CHARLIE CHAPLIN
World's Greatest News Graphic | In EASY STREET

DAVIS THEATRE

MON.—TUES.—WED.
BIG DOUBLE SUPER-FEATURE BILL

THOS. H. INCE Presents

Enid Bennett

In the Six Part Paramount Picture

THE VAMP

A Story that Every "Plain" Girl Can Draw a Lesson From.

WILLIAM DESMOND

In the Five-Part Triangle Comedy Drama

"CLOSING IN"

The Allied Nation's War Review

Distributed by the U. S. Government.

BREED THEATRE

TODAY AND TUESDAY

The Mammoth Six-Part Pathe Play "Adapted From Kipling's Famous Book"

—THE—

NAULAHKA

STARRING

ANTONIO MORENO and **DORAL DINA**

A Fascinating, Exciting and Beautiful Picture Which Will Surprise Every Audience by its Fidelity to Life and its Superb Artistry.

LAST CHAPTER OF "THE EAGLE'S EYE"

HEARST-PATHE NEWS

A DOLLAR PROGRAMME AT USUAL PRICES

OTHER VIEW POINTS

The plan agreed upon for the successor of helpless Russia has at last been made public and it follows closely along the lines of the unofficial announcement. American and Japanese troops are to make a small army, which will be landed at Vladivostok and from there penetrate into Siberia with accompanying civilian missions of trained men on economic lines. There, there will support to the Czech-Slovak army in forming a stable government of Russians, who will give security to this great region and frustrate Tonic plans for its absorption. On the Murman coast similarly allied forces will protect this territory from invasion by the Huns and give its people an opportunity to be really free.—Ansonia Sentinel.

The United States army authorities have come forward as reformers in another line. They are after the dirty soda water fountain. They

Gray Hair

are going after the widespread and filthy practice of dipping the used glasses and spoons in a tub of stagnant and dirty water, and letting it go at that. And it is about time. The army men believe the spread of diphtheria and kindred diseases find their rise in the unsanitary soft drink fountains of the cities, especially those in New York Bridgeport. This cautionary warning is uttered none too soon. The danger does not lie with the fighting men nor with the government. They are dedicated to a war fought to the finish. The danger lurks in those who are eager to seize upon any pretext to invite peace. Not made of the stuff that endures, naturally sensitive to the call of the undisturbed, moved by speculations of an emotional character and easily converted into priests of pacifism, they will be quick to cry, "Hold, enough." Against them and their persuasive influence the great American heart must steel itself. We will all do well to remember the words of the correspondent of the Times: "The wild animal that has been terrorizing Europe is still alive and loose, though lamed."



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